

Illinois Chapter

INCORPORATED IN ILLINOIS

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Food Resources

Food Recipes

These resources can help identify recipes for healthy foods.

- **Oldways:** Unique healthy recipes for different cultures.
 - <https://oldwayspt.org/>
- **Eat. Move. Save:** Discover cost-saving recipes for various meals.
 - <https://eat-move-save.extension.illinois.edu/eat/recipes>
- **MyPlate USDA:** Learn the types of foods are important for optimal daily nutrition.
 - <https://www.myplate.gov/>

Food Maps/Resources

Food maps and hotlines can be used to locate local food banks and programs.

- **Find Food Illinois:** A food map listing food resource locations in Illinois.
 - <https://eat-move-save.extension.illinois.edu/#food-finder>
- **Greater Chicago Food Depository:** A food map listing free food resources in Chicago.
 - <https://www.chicagosfoodbank.org/find-food/>
- **United Way 2-1-1 hotline:** Confidential hotline that can be called to learn more about food and health care resources, amongst many others, in one's area.

Visit <https://illinoisAAP.org/childhood-nutrition-security/> for more food resources.